

[illegible]

Page 1

Accept

1. The first step in the process is to identify the problem or issue that needs to be addressed. This involves gathering information and understanding the context of the problem.

2. Once the problem is identified, the next step is to define the objectives and goals of the project. This helps to clarify what needs to be achieved and provides a clear direction for the work.

3. The third step is to develop a plan or strategy to address the problem. This involves breaking down the problem into smaller, manageable tasks and determining the resources needed to complete them.

4. The fourth step is to implement the plan. This involves putting the strategy into action and monitoring progress to ensure that the objectives are being met.

5. The final step is to evaluate the results of the project. This involves assessing the outcomes against the objectives and identifying any areas for improvement or further action.

Setup Start

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Start Date: 30/08/2010 **Start Qty:** 2.00

Cust Item ID:

Required Date: 08/09/2010 Req'd Qty: 2.00

Customer:

Reference:

10.08.30

Run Start

...the ...

Approvals:

Process Plan:

Date:

Tooling:

Date:

Stop

1. **Abstract** The purpose of this study was to determine the effect of a 12-week, low-intensity, supervised walking program on the physical and psychological health of sedentary, middle-aged women. The study was conducted in a community-based setting. The participants were 30 women, aged 45-65, who were sedentary and had no history of cardiovascular disease. They were randomly assigned to either a walking program or a control group. The walking program consisted of walking for 30 minutes, 3 times per week, at a pace of 3.0 to 3.5 miles per hour. The control group was instructed to continue with their usual level of activity. The study was conducted over a 12-week period. The primary outcome measures were changes in physical fitness, as measured by heart rate, blood pressure, and body mass index (BMI), and psychological health, as measured by the Beck Depression Inventory (BDI) and the State-Trait Anxiety Inventory (STAI). The results showed that the walking program had a significant positive effect on physical fitness and psychological health. The walking program group showed significant improvements in heart rate, blood pressure, and BMI compared to the control group. Additionally, the walking program group showed significant improvements in BDI and STAI scores compared to the control group. The findings suggest that a 12-week, low-intensity, supervised walking program can effectively improve physical and psychological health in sedentary, middle-aged women.

QC:

Date:

SPC (Y/N):

Date:

[illegible]

Work Order ID 61529

August 30, 2010 10:15:02 AM



Page 2

Item ID:	D2857-2	Accept		Setup	Start	
Revision ID:					Stop	
Item Name:	Hinge Bracket					
Start Date:	30/08/2010	Start Qty: 2.00		Cust Item ID:		
Required Date:	08/09/2010	Req'd Qty: 2.00		Customer:		
Reference:						

Approvals:	Process Plan:	Date:	Tooling:	Date:	Run	Start	
	QC:	Date:	SPC (Y/N):	Date:		Stop	

Sequence ID/ Work Center ID	Operation Description	Set Up/ Run Hours	Tool ID	Tool #	Plan Code	Accept Qty	Reject Qty	Reject Number	Insp. Stamp
130 QC Quality Control	QC8- Inspect parts - second check Memo	0.00 0.00	<i>ant 10/09/13</i>			<u>2</u>	<u>0</u>		
140 HandFinish Hand Finishing	Chemical Conversion Coat per QSI005 4.1 Memo	0.00 0.00	<i>SL 10-9-14</i>			<u>2</u>	<u>0</u>		
150 QC Quality Control	QC3- Inspect Part Finish Memo	0.00 0.00	<i>sl 10/9/14</i>			<u>2</u>	<u>0</u>		

Work Order ID 61529

August 30, 2010 10:15:02 AM



Page 3

Item ID:	D2857-2	Accept		Setup	Start	
Revision ID:					Stop	
Item Name:	Hinge Bracket					
Start Date:	30/08/2010	Start Qty: 2.00		Cust Item ID:		
Required Date:	08/09/2010	Req'd Qty: 2.00		Customer:		
Reference:						

Approvals:	Process Plan:	Date:	Tooling:	Date:	Run	Start	
	QC:	Date:	SPC (Y/N):	Date:		Stop	

Sequence ID/ Work Center ID	Operation Description	Set Up/ Run Hours	Tool ID	Tool #	Plan Code	Accept Qty	Reject Qty	Reject Number	Insp. Stamp
160 Powdercoat Powder Coating	White Gloss(Ref:4.3.5.1) per OSI005 4.3-Alum <i>mls 091</i>	0.00	<i>10-9-21</i>			<i>2</i>			
	Memo	0.00							
	START TIME: <i>2:00</i> OVEN TEMPERATURE: <i>320</i> FINISH TIME: <i>2:30</i>								
170 QC Quality Control	QC3- Inspect Part Finish	0.00	<i>10/04/22</i>			<i>2</i>	<i>0</i>		
	Memo	0.00							
180 Packaging Packaging	Identify as per dwg & Stock Location <i>25</i>	0.00				<i>10/9/22</i>	<i>sf</i>		
	Memo	0.00							

Picklist Print

August 30, 2010 10:15:02 AM

Page 1

Work Order ID: 61529



Parent Item: D2857-2



Parent Item Name: Hinge Bracket

Start Date: 30/08/2010

Required Date: 08/09/2010

Start Qty: 2.00

Required Qty: 2.00

Comments: IPP ☐ C00.06.22 ☐ Removed P/O for powder coat ☐ EC ☐
IPP ☐ D06.03.30 ☐ Added level 8 ☐ EC ☐

Component Item ID/ Item Name	Replacement Item ID	Mfg/ Purch	Bin Item	Primary Location	Last Location	Route Seq ID	Unit of Measure	Qty on Hand	Qty per Kit	Total Qty	Qty Issued	Date Issued	Status
M6061T6B2.000X01.25 0		Purchased	No			100	f	30.3467	0.37	0.778947			



6061-T6 Bar 2.00 x 1.25

Location

Loc Qty

Loc Code

MAT

30.3467

114507 ~~114407~~

18.3467

114899

12

0.7789 ^{ft} A.A 10/09/13

DART AEROSPACE LTD		Work Order: 61529
Description: Hinge Bracket		Part Number: D2857-2
Inspection Dwg: D2857 Rev: B		Page 1 of 1

FIRST ARTICLE INSPECTION CHECKLIST

☒ First Article ☐ Prototype

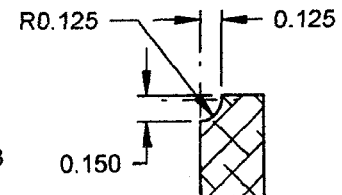
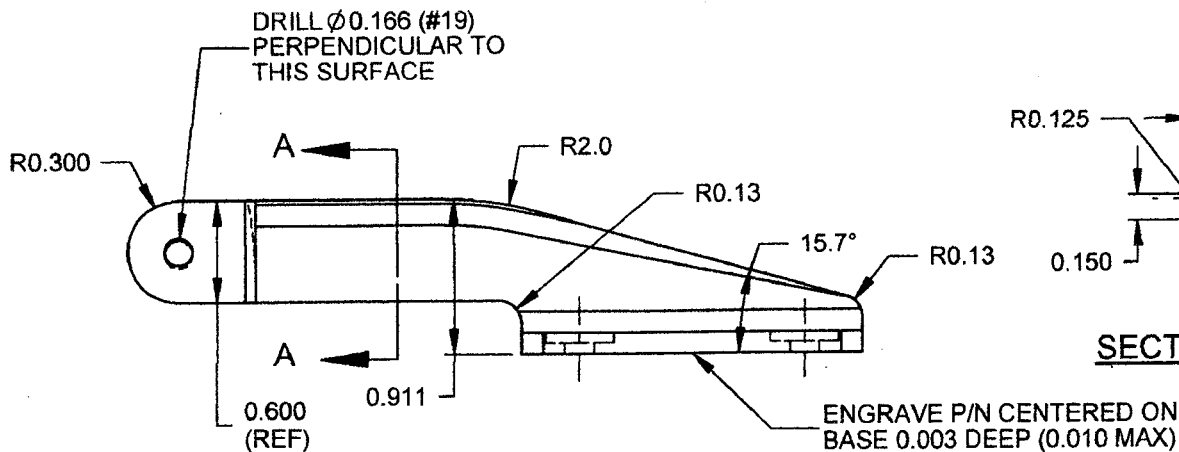
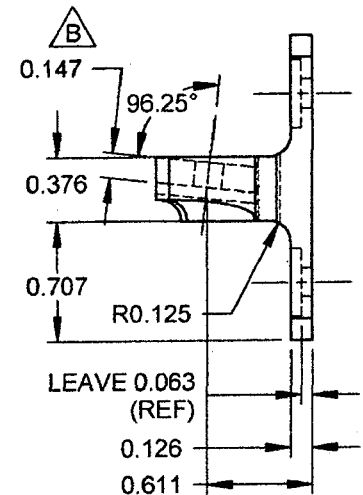
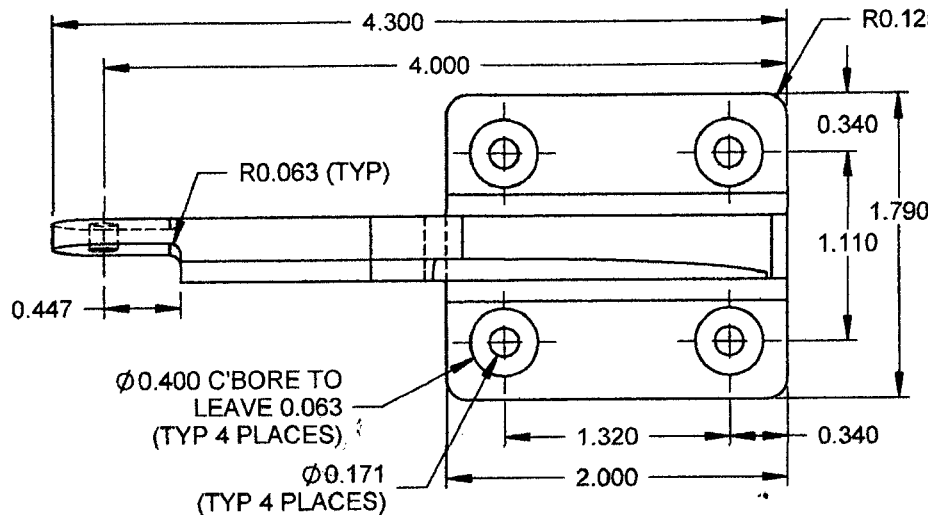
Drawing Dimension	Tolerance	Actual Dimension	Accept	Reject	Method of Inspection	Comments
4.300	+/-0.010	4.303	✓		Urin	GA-01
4.000	+/-0.010	4.001	✓		"	"
0.340	+/-0.010	0.341	✓		"	"
1.110	+/-0.005	1.110	✓		"	"
1.790	+/-0.010	1.791	✓		"	"
1.320	+/-0.005	1.320	✓		"	"
2.000	+/-0.010	2.001	✓		"	"
0.340	+/-0.010	0.340	✓		"	"
0.447	+/-0.010	0.447	✓		"	"
Ø0.171	+0.005/-0.000	Ø0.173	✓		"	"
0.147	+/-0.010	0.145	✓		"	"
0.376	+/-0.010	0.377	✓		"	"
0.126	+/-0.010	0.125	✓		"	"
0.063	+/-0.010	0.064	✓		"	"
Ø0.166	+0.005/-0.000	Ø0.167	✓		"	"
0.911	+/-0.010	0.914	✓		"	"
0.600	+/-0.010	0.601	✓		"	"
0.125	+/-0.010	0.127	✓		"	"
0.150	+/-0.010	0.150	✓		"	"

Measured by: K.A	Audited by: [Signature]	Prototype Approval:	N/A
Date: 10/09/13	Date: 10/09/13	Date:	N/A

Rev	Date	Change	Revised by	Approved
A	04.06.15	New Issue	KJ/JLM	
B	07.04.20	Dimensions update per Dwg Rev B	KJ/JLM [Signature]	[Signature]

DART

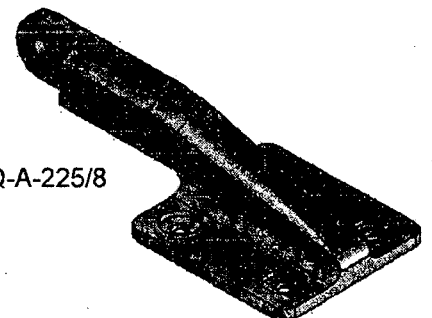
DESIGN KE	DRAWN BY <i>LE</i>	DART AEROSPACE LTD HAWKESBURY, ONTARIO, CANADA	
CHECKED <i>PH</i>	APPROVED <i>[Signature]</i>	DRAWING NO. D2857	REV. B SHEET 1 OF 1
DATE 06.08.28	TITLE HINGE BRACKET		SCALE 1:1
REV	DATE	DESCRIPTION	
A	98.12.14	NEW ISSUE	
B	06.08.28	ADD THICKNESS, REDRAW W/ SOLIDWORKS	

RELEASED
06.10.13*w/o 61529.*

D2857-1 HINGE BRACKET
D2857-2 OPPOSITE

NOTES:

- 1) MATERIAL: 6061-T6 ALUMINUM BAR PER QQ-A-250/11 OR QQ-A-200/8 OR QQ-A-225/8 (REF DART SPEC M6061T6B)
- 2) FINISH: CHEMICAL CONVERSION COAT PER DART QSI 005 4.1
POWDER COAT WHITE (4.3.5.1) PER DART QSI 005 4.3
- 3) TOLERANCES ARE PER DART QSI 018 UNLESS OTHERWISE NOTED
- 4) ALL DIMENSIONS ARE IN INCHES UNLESS OTHERWISE NOTED
- 5) BREAK ALL SHARP CORNERS TO 0.010 MAX

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Transaction Type	Item ID/ Item Name	Warehouse Location ID	Reason	Employee ID Location Code	Loc Trans Date	LocQtyPrior/ Location Qty	Lot Number	LotQtyPrior/ Lot Qty	Shelf Life Date Lot Code	Extended Cost
Issue	ALS4-1032-130 / Insert	Main Warehouse ST282	61220	QUIR01		197.0000		159.0000		
		Main Warehouse ST282	61586	QUIR01	8/11/10	-16.0000 153.0000	114407	-16.0000 143.0000		-\$2.08
		Main Warehouse ST282	53062	LAVO01	9/03/10	-16.0000 137.0000	114407	-16.0000 127.0000		-\$2.08
		Main Warehouse ST282	61888	DESJ02	9/13/10	-10.0000 27.0000	114407	-10.0000 17.0000		-\$1.30
		Main Warehouse ST282			9/14/10	-17.0000	114407	-17.0000		-\$2.21
								-1,648.0000		-\$214.24
	M6061T6B2.000X01.250 / 6061-T6 Bar 2.00 x 1.25	Main Warehouse MAT	57925	DCUSER		40.0000		40.0000		
		Main Warehouse MAT	57924	FAUT01	5/18/10	-10.9200 29.0800	114407	-10.9200 29.0800		-\$83.96
		Main Warehouse MAT	59612	FAUT01	6/10/10	-10.4000 30.6800	114407	-10.4000 18.6800		-\$79.96
		Main Warehouse MAT	61525	DCUSER	6/14/10	-0.3333 30.3467	114407	-0.3333 18.3467		-\$2.56
		Main Warehouse MAT	61529	DCUSER	9/13/10	-0.7789 29.5678	114407	-0.7789 17.5678		-\$5.99
		Main Warehouse MAT	62795	DCUSER	9/13/10	-0.7789 28.7889	114407	-0.7789 16.7889		-\$5.99
		Main Warehouse MAT	62914	DCUSER	11/02/10	-0.6667 28.1222	114407	-0.6667 16.1222		-\$5.13
		Main Warehouse MAT			11/02/10	-0.6667	114407	-0.6667		-\$5.13
								-24.5445		-\$188.72

B/N
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